HYP Health and Wellbeing Reflection
– Water is the Main Drink

 **Mission Goal**

This mission is about making it easy for people to choose water as the main drink at school and helping people recognise the many benefits of drinking water.

Read the choices below and then choose one answer from *Always*, *Sometimes* or *Never*.

| What healthy choices am I making? | Always | Sometimes | Never |
| --- | --- | --- | --- |
| I choose water as my main drink. | [ ]  | [ ]  | [ ]  |
| I don’t have sweet drinks, such as soft drink, cordial, sports drinks, energy drinks or flavoured milk, every day. | [ ]  | [ ]  | [ ]  |
| I don’t have fruit juice every day. | [ ]  | [ ]  | [ ]  |
| When I am being active, I drink water instead of sweet drinks like sports drinks or flavoured water. | [ ]  | [ ]  | [ ]  |
| If I want something different to drink every now and then, I choose plain milk or a milk alternative such as, soy milk). | [ ]  | [ ]  | [ ]  |
| I carry a re-usable water bottle with me at school. | [ ]  | [ ]  | [ ]  |
| I carry a re-usable water bottle with me when I am not at school. | [ ]  | [ ]  | [ ]  |
| I regularly clean my re-usable water bottle. | [ ]  | [ ]  | [ ]  |
| I refill my bottle throughout the day with water only. | [ ]  | [ ]  | [ ]  |
| I recognise when I am feeling thirsty. | [ ]  | [ ]  | [ ]  |
| I know where I can fill up my water bottle at the places I go to regularly. | [ ]  | [ ]  | [ ]  |
| If I need to buy a drink, I buy water. | [ ]  | [ ]  | [ ]  |

**My personal goal is:**

**What do I want to continue doing?**

**What do I find difficult? What would I like to change?**

**What would I like to learn more about?**